ASSEMBLY INSTRUCTIONS

X1 Cross-Trainer

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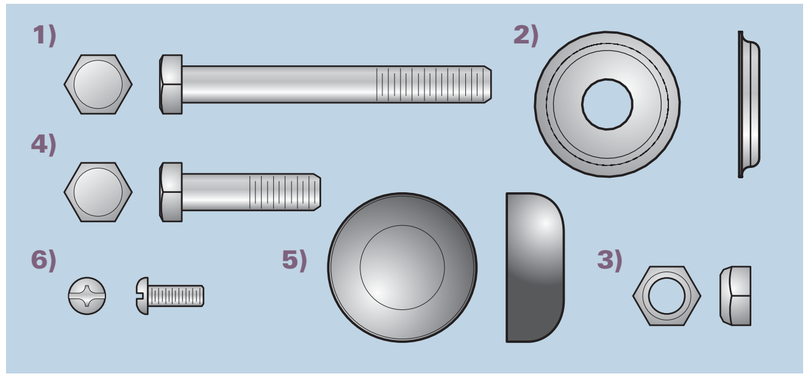
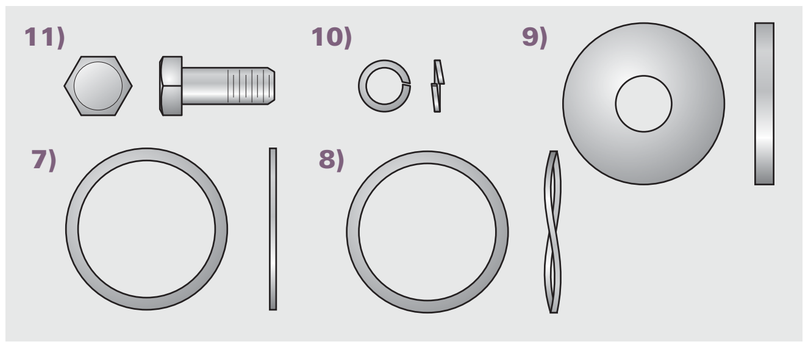
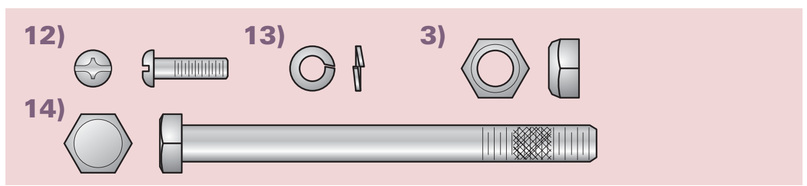
X1 Cross-Trainer

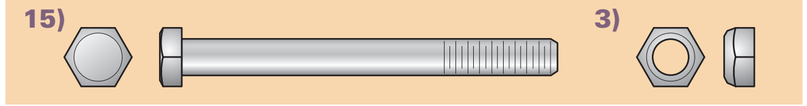
Hardware List

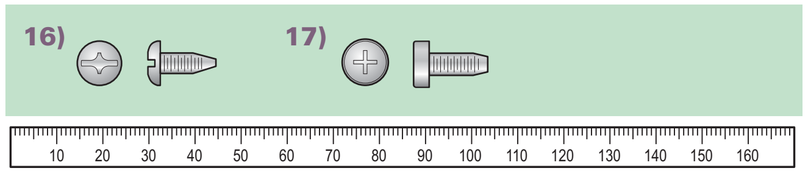
Item	Qty	Description
1	4	67 mm Hex Head Bolt
2	14	Cap Washer
3	7	Hex Head Nut
4	2	30 mm Hex Head Bolt
5	14	Plastic Cover Caps
6	2	12 mm Phillips Screw
7	2	Large Flat Washer
8	4	Large Wave Washer
9	2	Flat Washer
10	2	Lock Washer
11	2	20 mm Hex Head Bolt
12	8	16 mm Phillips Screw
13	8	Lock Washer
14	1	90 mm Hex Head Bolt
15	2	81.5 mm Hex Head Bolt
16	4	12 mm Self Tapping Screw
17	2	12 mm Large Head Phillips Screw





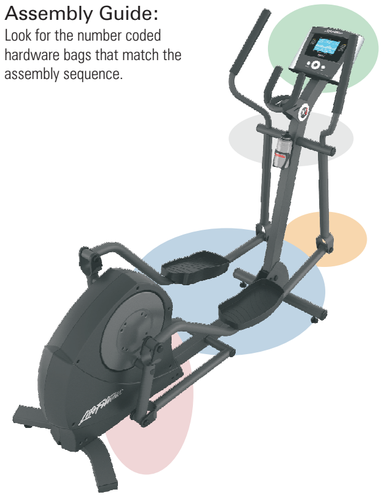






Assembly Guide:

Look for the number coded hardware bags that match the assembly sequence.



Physical Dimensions:

Length: 65 inches / 165 centimeters
Width: 27 inches / 68 centimeters
Height: 62 inches / 157 centimeters
Weight: 204 pounds / 93 kilograms

Tools required: Metric Socket set, Phillips Screwdriver, Metric Wrench set

Assembly Sequence

1. Position the base unit near the desired location for use (Refer to the "Getting Started" section of the User Manual for proper location). Locate and install the four LEVELER FEET (A) into the front and rear stabilizers as shown.

2. With the DISPLAY CONSOLE MOUNTING PLATE (B) facing upward, lay the UPRIGHT TUBE ASSEMBLY (C) on floor in front of BASE FRAME (D). Cut the wire tie securing the LOWER WIRE HARNESS (E) to the front of the BASE FRAME. Connect the UPPER WIRE HARNESS (F) to the LOWER WIRE HARNESS.

Position the UPRIGHT TUBE ASSEMBLY (C) between the plates on the front of the BASE FRAME (D). Feed any excess wire harness into the BASE FRAME. Tilt the UPRIGHT TUBE ASSEMBLY into an upright position. Align the holes on the plates with the holes on the UPRIGHT TUBE ASSEMBLY. Secure the UPRIGHT TUBE ASSEMBLY to the BASE FRAME using four 67 mm HEX HEAD BOLTS (1), eight CAP WASHERS (2) (4 on each side) and four NUTS (3). Leave BOLTS loose at this time.

Using two 30 mm HEX HEAD BOLTS (4), secure the UPRIGHT TUBE ASSEMBLY (C) to the backside of the SUPPORT PLATE on the BASE FRAME (D). Tighten the BOLTS securely. Tighten the previous four HEX HEAD BOLTS (1) securely. Install eight black PLASTIC COVER CAPS (5) over each 67 mm HEX HEAD BOLT HEAD (1) and NUT (3).

3. Slide the tab of the UPRIGHT TUBE ANGLE BRACE (G) into the slot located near the base of the UPRIGHT TUBE ASSEMBLY (C) and pivot the UPRIGHT TUBE ANGLE BRACE downward to met the BASE FRAME (D). Using two 12 mm SCREWS (6), secure the UPRIGHT TUBE ANGLE BRACE to the UPRIGHT TUBE ASSEMBLY and BASE FRAME as shown.

4. Slide one LARGE FLAT WASHER (7) and two LARGE WAVE WASHERS (8) onto the USER RIGHT PIVOT SHAFT (H). Slide the WASHERS fully over the PIVOT SHAFT until seated against the pre-installed stop ring.

Locate the USER RIGHT ROCKER ARM ASSEMBLY (J) (Marked with an “R”). With the top handgrip facing the front of the unit (as shown), slide the USER RIGHT ROCKER ARM ASSEMBLY onto the USER RIGHT PIVOT SHAFT (H) until seated against the WASHERS (7 & 8). Secure the ROCKER ARM ASSEMBLY to the PIVOT SHAFT using one FLAT WASHER (9), LOCK WASHER (10), and 20 mm HEX HEAD BOLT (11). Tighten the BOLT securely. Insert one ROCKER ARM END CAP (K) into the end of the ROCKER ARM SHAFT. Repeat the procedure for the USER LEFT ROCKER ARM ASSEMBLY (L).

5. Locate the USER RIGHT PEDAL LEVER (M) and PEDAL (N) (marked with an “R”). Position the PEDAL above the PEDAL MOUNTING PLATE (O) and secure the PEDAL using four 16 mm SCREWS (12) and LOCK WASHERS (13). Tighten the SCREWS securely. Repeat for the USER LEFT PEDAL (P) and PEDAL LEVER (Q).

6. Position the rear end of the USER RIGHT PEDAL LEVER (M) near the USER RIGHT REAR CLEVIS (R). Position the end of the PEDAL LEVER between the clevis flanges. Align the holes and secure as shown using two CLEVIS COVERS (S), two CAP WASHERS (2), one 90 mm HEX HEAD BOLT (14), one NUT (3) and two PLASTIC COVER CAPS (5). Tighten the BOLT and NUT securely.

7. Lift the front end of the USER RIGHT PEDAL LEVER (M) to meet the USER RIGHT ROCKER ARM CLEVIS (T). Secure the PEDAL LEVER to the ROCKER ARM CLEVIS using two CAP WASHERS (2), one 81.5 mm HEX HEAD BOLT (15), one NUT (3) and two PLASTIC COVER CAPS (5). Tighten the BOLT and NUT securely. Repeat the procedure for the USER LEFT PEDAL LEVER (Q) and ROCKER ARM CLEVIS (U).

8. Position the DISPLAY CONSOLE (V) over the DISPLAY CONSOLE MOUNTING PLATE (B) located at the top of the UPRIGHT TUBE ASSEMBLY (C). Plug the CONNECTOR (W) and GROUNDING WIRE (Z) leading from the DISPLAY CONSOLE MOUNTING PLATE into the corresponding CONNECTOR(S) in the back of the DISPLAY CONSOLE. Make sure the CONNECTOR(S) are full inserted. Push excess wire harness into the opening of the DISPLAY CONSOLE MOUNTING PLATE.

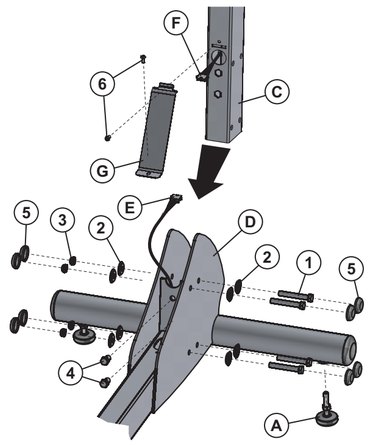
Secure the DISPLAY CONSOLE (V) to the DISPLAY CONSOLE MOUNTING PLATE (B) using four 12 mm SCREWS (16). Tighten the SCREWS securely.

CAUTION: Be careful not to pinch the wire harness when assembling the DISPLAY CONSOLE (V) to the DISPLAY CONSOLE MOUNTING PLATE (B).

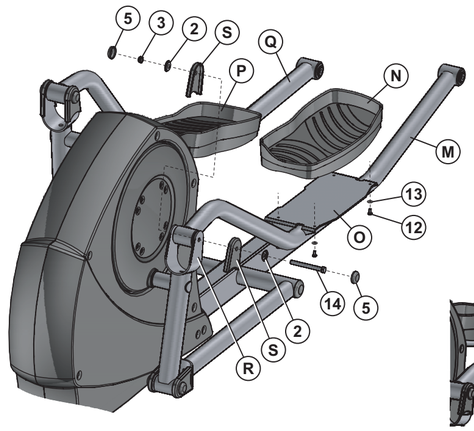
9. Secure the WATER BOTTLE BRACKET (X) to the UPRIGHT TUBE ASSEMBLY (C) as shown using two 12 mm SCREWS (17). Tighten the SCREWS securely. Insert the WATER BOTTLE (Y) into the WATER BOTTLE BRACKET.

10. Refer to the "Getting Started" section of the User Manual for proper location, stabilizing, and POWER ADAPTER instructions.

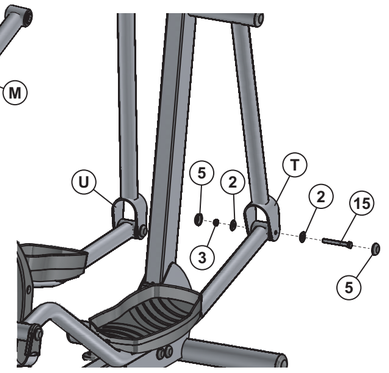
1. & 2. & 3.
Levelers & Monocolumn



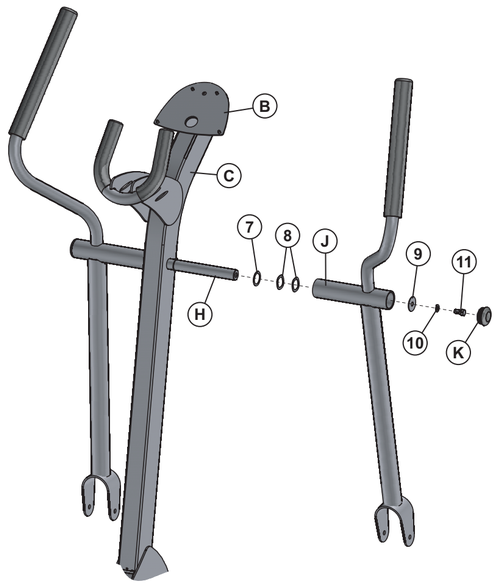
5. & 6.
Pedals & Right Rear Pedal Lever



7.
Pedal Lever & Rocker Arm Assembly



4.
Pedal Arms



8. & 9.
Console & Water Bottle